


## Nutrition Care Process Model Tutorials

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Nutrition Care Process and Terminology Committee  
Academy of Nutrition and Dietetics

Nutrition Care Process Terminology  
2015 Edition



## Nutrition Intervention: Examples in Two Case Studies

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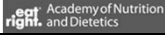
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### Objective

The objective of this presentation is to review the use of nutrition intervention terminology and development of the nutrition prescription in case study material. By the end of the module, the participant will be able to understand use of nutrition intervention terminology and the nutrition prescription in two case examples:

- A 67 year old Hispanic male with heart failure
- An 8 year old white male child with iron deficiency anemia and food allergies

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### Case #1

Referral from Family Practice Clinic to RDN:

67 year old Hispanic male with Heart Failure

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### Case #1



#### Description of patient:

- 67 year old Hispanic male
- medical diagnosis of heart failure (diagnosed 2 months prior)
- retired engineer
- lives alone in apartment
- height: 5'6" ; weight: 135 lbs.
- weight loss of 20 lbs. from dyspnea
- inability to consume large meals
- unable to shop or cook
- 24-hour recall indicates he uses many frozen and processed foods; intake between 1000 – 1200 kcal/day

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### Case #1: Relevant Data



Review the PES statement(s) and the relevant signs and symptoms that could potentially be resolved with the appropriate nutrition prescription.

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### Nutrition Intervention



What are potential Nutrition Prescriptions for this 67 year old male based on the etiology of the PES Statements identified in the Nutrition Diagnosis module?

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### Nutrition Intervention



1. Inadequate energy intake related to shortness of breath as evidenced by 20 lbs. of weight loss in 2 months.

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### Nutrition Intervention



2. Inadequate oral intake related to inability to shop and cook as evidenced by a calorie intake of 500 kcals less than estimated requirements and 20 lbs. of weight loss in 2 months.

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### Nutrition Intervention



PES statements connect the nutrition assessment, intervention, and monitoring and evaluation steps. The problem states the nutrition diagnosis. The etiology tells you what type of intervention you need. The signs and symptoms tell you what you will need to monitor and evaluate.

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### Nutrition Prescription Focus



Inadequate oral intake related to inability to shop and cook as evidenced by a kcal intake of 500 kcals less than estimated requirements and 20 lbs. of weight loss in 2 months.

The RDN can address the etiology of the patient's inability to shop and cook and plan an intervention that can correct the kcal intake. The signs and symptoms of low kcal intake and weight loss can be effectively monitored.

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### Nutrition Prescription Example



For this patient the nutrition prescription is:

Referral to community agencies/programs (RC-1.6) for meal service of an Increased energy diet (ND-1.2.2.1)

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### Case #2



Referral from Pediatric Clinic to RDN – request for RDN consultation for assistance with meal planning

8 year old white male child with Fe deficiency anemia

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## Case #2



### Description of patient:

- 8 year old white male child
- allergies to eggs and peanuts
- diagnosed with Fe deficiency anemia
- growth recently slowed with current BMI at the 30<sup>th</sup> percentile (44<sup>th</sup> percentile one year ago)
- food history questionnaire indicates an intake of 1200 – 1500 kcal/day
- poor appetite
- food variety limited; intake of only 4 or 5 different foods.
- mother states he is more irritable and more fatigued than usual.

Mother requests assistance for planning bag lunches and other meals that will help her child gain weight.

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## Case #2: Relevant Data



Review the PES statement(s) and the relevant signs and symptoms that could potentially be resolved with the appropriate nutrition prescription.

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## Nutrition Intervention



What are potential PES statements for this 8 year old male child based on the nutrition assessment data?

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### Nutrition Intervention



1. Inadequate energy intake related to fear of allergic reactions as evidenced by underweight at the 30<sup>th</sup> percentile for height, weight, and age.

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### Nutrition Intervention



2. Inadequate iron intake related to fear of allergic reactions as evidenced by medical diagnosis of iron deficiency anemia.

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### Nutrition Intervention



3. Food and nutrition related knowledge deficit related to fear of allergens in foods as evidenced by poor appetite and reported intake of only 4-5 foods in 24 hour food recall, and stated concern about food allergies.

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### Nutrition Intervention



PES statements connect the nutrition assessment, intervention, and monitoring and evaluation steps. The problem states the nutrition diagnosis. The etiology tells you what type of intervention you need. The signs and symptoms tell you what you will need to monitor and evaluate.

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### Nutrition Intervention Focus



Food and nutrition related knowledge deficit related to fear of allergens in foods as evidenced by poor appetite and reported intake of only 4-5 foods in 24 hour food recall, and stated concern about food allergies.

All three PES Statements are accurate but the RDN will focus on the third PES statement. Addressing the food and nutrition related knowledge deficit and assistance with planning meals for bag lunches and an increased energy diet, should result in improved iron intake. Both calorie and iron intake can be monitored in follow-up interviews.

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### Nutrition Prescription Example



For this patient the nutrition prescription is:

Nutrition education for Nutrition relationship to health/disease (E-1.4) and Increased energy diet (ND-1.2.2.1)

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### Summary



In this presentation we have reviewed the nutrition intervention terminology and nutrition prescription development for two case studies:

- A 67 year old Hispanic male with heart failure
- An 8 year old white male child with iron deficiency anemia and food allergies

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### Summary



This concludes the nutrition intervention tutorial.

Please proceed to the nutrition monitoring and evaluation tutorial for the presentation of the monitoring and evaluation step for both case studies.

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